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Bates method - wikipedia, the free encyclopedia

" Peter Mansfield was very critical of eye care professionals for prescribing corrective lenses, recommending most of Bates' techniques to improve vision.

Natural perfect vision - improve eyesight naturally to 20

Yes, you can improve your eyesight naturally to 20/20 vision & *throw away* your glasses & contacts all in just 60 days!

3 ways to improve your vision naturally - wikihow

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